

Senior NEWS

301-258-6380

April 2007



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

Senior Proms



*Quince Orchard High School
15800 Quince Orchard Rd.,
Gaithersburg
Thursday, April 12
6 - 9 p.m.*

Once again we are invited to dine and dance with the young gentlemen and ladies of Quince Orchard and Poolesville high schools. There is no fee; however **you must register on the program sheet**. Dress up for the evening affair and enjoy the lavish attention. Directions will be available to those driving themselves. Van transportation from the Center is available for those who request it, however carpooling and taxi-sharing is encouraged.

Deadline: Thursday, April 5

Damascus Community Center
25520 Oak Dr., Damascus
Friday, April 20
6:30 - 8:30 p.m.



Dress: Semi-formal/Formal

The Montgomery County Recreation Department and Damascus High School will present us with scrumptious food and beguiling dance music.

The event is free. You can drive yourself, or ride the Senior Center bus and pay **\$4 for transportation**.

Please register on the program sheet.

Deadline: Tuesday, April 17

"Inherit the Wind"

at F. Scott Fitzgerald Theatre, Rockville

Lunch at Timpano Italian Chophouse

Date: Sunday, May 6

Depart: 10:30 a.m.

Return: 5 p.m.

Fee: \$40 (includes transportation, show, three course lunch, beverage and tip)

Deadline: Monday, April 30 (open to non-members after this date)

We'll begin our trip in a spacious, plush, swank Italian restaurant with a relaxed three course lunch. The 2 p.m. show "Inherit the Wind" is a fictionalized account of the 1925 Scopes "Monkey" Trial pitting a teacher of Darwin's theory of evolution against a Tennessee law promoting creationism. The play was not intended as a documentary-drama about the Scopes trial, but as a warning about the evils of McCarthyism and hailed for its' themes of religious tolerance and freedom of thought.

Minimum: 20

Maximum: 30



Mark Your Calendar

MAY 6	"Inherit the Wind"
MAY 10	Keys Game
MAY 16	Fun & Fit Fest
JUNE 19	Senior Picnic
JUNE 27	"Little Shop of Horrors" at Toby's
JULY 11	Ice Cream Social

DIRECTOR'S UPDATE

Dear Members,

Please enjoy looking over this Newsletter! Grab a pencil and your calendar and be ready to mark down the activities that you find of the most interest.

Amina Kamal will demonstrate for us several Middle Eastern dances including belly dancing, folk dancing and fusion. We are also going to have a 'Easter Hat Parade' to show off our great style and crafty creativity. Trips will include a visit to the new Marine Corps National Museum in addition to a Spirit Cruise to Mount Vernon. And since two is twice as nice, not only can we look forward to our traditional Senior Prom with Quince Orchard High School, but we have been invited to join the Damascus Senior Center for their Senior Prom hosted at Damascus Community Center.

These are just a few of the many opportunities this month holds. Recently some of our activities and trips have been sold out. That is a good "problem" because it means you really like what is being offered. It also means that it is important not to hesitate to sign up so that you will be able to participate.

Coming soon!

Individuals who would like to represent our Center and walk in the Kentlands/Lakelands 5k walk/run on September 1, 2007 can participate in an organized group training program that will meet over a 12-week period starting in June. This program will be for seniors 60 years of age and older. A portion of the walk/run's proceeds will benefit the City of Gaithersburg Dolores Swoyer Scholarship Fund. This fund provides partial camp scholarships for families in need who reside within the corporate City limits. Please see me if you are interested in participating in the training program.

Grace

Montgomery College Lifelong Learning Institute Classes

*rates for those 60 and older

WATERCOLOR TECHNIQUES I

Tuesdays, April 17 – June 5 (eight sessions)

9:30 a.m. – 11:30 a.m.

*\$41

Youth Center/Robertson Park

TAI CHI

Tuesday/Thursday

March 20 – April 12 (eight sessions) 10 a.m. – noon

*\$25

Activity Center at Bohrer Park

Registration forms are at Senior Center front desk.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

The Senior News is Online!

You can now read the
Senior News online.
Visit the City site at
www.gaithersburgmd.gov

WELLNESS PROGRAMS

Lipid Profile/Cholesterol

Wednesday, May 23

10-11:30 a.m.

This venipuncture test includes total cholesterol HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Staff from Adventist Health Care will perform the screening.

***Cost: \$23 (age 55+) Pay that day.**

There is an additional charge of \$4 for glucose screening.

Advance registration is required for screenings. Please call 1-800-542-5096 to register. Walk-ins will be accommodated, if time permits.

Current Events

Thursdays at 11 a.m.

Politics, popular culture, the environment, modern lifestyles...share your thoughts and hopes with fellow world observers.

The Nurse Is In!

Fridays 9 a.m. - 3 p.m.



Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wednesday, April 23

Time: 10:30 a.m. – noon

Caregivers Support Group

New

1st & 3rd Tuesday of the Month 2 p.m.

Facilitated by Social Worker Maggie Wesley, the meetings provide help to people of all ages who are caring for spouses, parents, siblings, or friends who are ill. Get the care and support you deserve.

Meditation

Wednesdays

April 4, 11 & 18

11 a.m.

Donations Needed:

Olympia needs **YARN** to be made into blankets.

APRIL '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, April 10, 2007 4 -7:45 p.m.
Monthly Meeting

4 p.m. "Millionaire Game", a team trivia game (\$2 with choice of prizes).

5:30 p.m. Chef Sia's Salmon Cakes Dinner, including drinks and desserts. (\$9)

6:10 p.m. Participate in our brief business meeting. Trip registration will continue.

6:30 p.m. Sue Emery will speak on stroke prevention, recognition, current treatments, and recovery programs. Learn how to help yourself and your family and friends. (FREE) **Registration for program and dinner payment is required by 2 p.m. on Mon., April 9.**

SPRING BAZAAR

May 29-31

Bring donations in on May 24 and 25.

Pick up flyer for more information.

CHAPTER TOUR GROUP:

Sept 4 – 9: Annual AARP Conference in Boston. We will travel together by train, stay in the same hotel, gather for dinner, and evening concerts. You will have choice of many free programs and activities set up by AARP and can go on optional tours AARP is offering. (\$682 excluding meals and optional tours). **Call now.**

Alaska Cruise and Tour - If you would like to go to Alaska this June or July come to a meeting at the Center at 2 p.m. We will select the date and cruise line so we can go together and get group rates.

THANK YOU

to all who contributed with donations for literacy bags for 80 Head Start children.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. You are welcome to register a friend for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Drive, Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

April Birthdays



4/1	Gloria George
4/2	Marie Bescher
4/3	Kulbenk Sivasli
4/3	Mary Fong
4/4	Donald Clark
4/5	Jean Jennings
4/5	Barbara Kreta
4/10	Josefin Di Marzio
4/10	Hampartzoum Kolejian
4/10	Dorothy Trado
4/11	Harry Rivas
4/12	Helen Bowman
4/12	Lillian Schwartz
4/12	Ardelle Nicholson
4/13	Susheel Gupta
4/14	Sushila Malur
4/16	Alfred Shapiro
4/17	Ermione Nicolettos
4/18	Jennie Cargill
4/20	Louise Nepa
4/20	Gail Wade
4/21	Eloise Johnson
4/21	Ruth Moore
4/21	Sarala Thakkar
4/21	Felicita Rojas
4/21	Aurora Espada
4/23	Doris Day
4/24	Kathy Bennett
4/25	Lillian Keats
4/25	Mary Lou Thompson
4/25	Alice Karakashian
4/29	Barbara Holzapfel

Thursday April 26



Singing Seniors

Singing Seniors will practice on Wed., April 4 & 18

Computer Classes



Free

TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

THURSDAYS

10 a.m. – noon (one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

New Location!

On Tuesdays and Thursdays **Longevity Stick** (at 8:30 a.m.) and **Energize** (at 9 a.m.) will be held at the **Activity Center at Bohrer Park**.

Classes are free and suitable for active seniors.



Yoga Adapted for Seniors *

Dates: Tuesdays, April 3 - June 19 (12 sessions)

Time: 11 a.m. **Fee:** \$30

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance. **Minimum: 10 Maximum: 25**

Crafts for

Children's Inn at NIH

Tuesday, April 10

12:30 p.m.

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.

GENEALOGY

Monday, May 14 at 11 a.m.

Fee: \$8

Judith Mostyn White will help you learn to research your family on the internet. You can sign up for the class even if you missed earlier classes.

Minimum: 6 Maximum: 12

AARP 55 Alive Mature Driving

Dates: Friday, May 4 and 11

Time: 2:30 – 6:30 p.m.

Fee: \$10

Learn to handle adverse driving conditions, traffic hazards and the effects of aging and medication on driving.

You must attend both days. Some automobile insurance companies give discounts for completing the class.

Minimum: 10 Maximum: 25

“Core and More”

Mondays

2 p.m.

Free

Fridays

3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

CLASSES

*** Late joiners are welcome!**
(see program sheet)

Ballroom Dancing

Beginning

Dates: Tuesdays, April 24 and May 1 & 8

Time: 3 p.m.

Fee: \$15 (three sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, April 24 and May 1 & 8

Time: 2 p.m.

Fee: \$15 (three sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Book Discussion Group

Thu., April 26

2 p.m.

Free

Book: *"The History of Love"*

Author: Nicole Krauss

Intermediate Pottery

Dates: Wednesdays,

April 11 - June 6

(eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6

Maximum: 8

Beginning English

Dates: Tuesdays

Time: 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

Minimum: 10 **Maximum:** 20

Level Two English

Dates: Tuesdays

Time: 12:30 p.m.

Grammar and conversation help for those ready to advance to intermediate English.

Pool Tournament

Thursday, April 19

10 a.m. until a victor is declared

Bring \$5 cash and sign up on tournament day. Rules of play are posted on the wall. Winner's name will be posted on the Champion plaque.

Minimum: 10



No class
on Wed.,
May 16

Knitters & Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Quilting Fridays

1 p.m.

Share the experience, materials and ideas.

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

Learn to Play the Ancient Game of Go

Dates: Fridays,

April 6 - 27 (four sessions)

Time: 2 p.m.

John Rhee will introduce you to this territorial game of strategy played on a grid. *Register on program sheet.*

Maximum: 4

Learn to Play Mah Jongg

Dates: Fridays, April 6 - 27 (four sessions)

Time: 10:30 a.m.

Bobby Rosenfeld will explain how this game of tiles is played.

Maximum: 4

Register on program sheet.

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING



Dates: Wednesdays, April 4 - June 27

Time: 1 p.m.

Fee: \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10

Maximum: 20

STABILITY BALL



Dates: Thursdays, April 5 - June 21

Time: 10:30 - 11:30 a.m.

Fee: \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.



The Gaithersburg Upcounty Senior Center

APRIL 2007

www.gaithersburgmd.gov



Gaithersburg
A CHARACTER COUNTS! CITY
301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9am Exercise 10am Exercise 11am Step 2 Music 12:30pm Mah Jongg 12:50pm Bingo 1pm "Amina Dances" 2pm Book Club 2pm Embroidery 2pm Core and More	3 9am Cross Stitch/Knit 9:30am Poker 10am Computer Help 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Int. English 12:30pm Bridge 12:45pm Senior Council 1pm Mah Jongg 2pm Caregivers	4 9am Exercise 10am Exercise 10am Int. Pottery 11am Step 2 Music 11am Singing Seniors 11am Meditation 1pm Weight Training 1pm Crochet	5 9:30am Poker 10am Chair Exercise 10am Stability Ball 11am Ritmo Latino 11am Internet 11am Stroke Support 11am Current Events 12:30pm Bridge 12:45pm Hispanic Book Club	6 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 10:30am Learn Mah Jongg 12:50pm Bingo 1pm Quilting 2pm Learn Go 3pm Core and More	7
8	9 9am Exercise 10am Exercise 11am Step 2 Music 11am Hat decorating 12:30pm Mah Jongg 12:30pm Int. English 12:30pm Internal Light Parade 12:45pm Easter Hat 12:50pm Bingo 2pm Embroidery 2pm Core and More	10 9am Cross Stitch/Knit 9:30am Poker 10am Computer Help 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Int. English 12:30pm Bridge 12:30pm Children's Inn 1pm Mah Jongg 2 pm Int. Ballroom 3 pm Beg. Ballroom	11 9am Exercise 10am Exercise 10am Int. Pottery 11am Step 2 Music 11am Meditation 1pm Weight Training 1pm Crochet	12 9:30am Poker 10am Chair Exercise 10am Stability Ball 11am Ritmo Latino 11am Internet 11am Stroke Support 11am Current Events 12:30pm Bridge 12:45pm Hispanic Book Club <div>Senior Prom at Quince Orchard HS</div>	13 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 10:30am Learn Mah Jongg 11am City Hall Lecture 12:50pm Bingo 1pm Quilting 2pm Learn Go 2pm Stretching Lecture 3pm Core and More <div>Nurse is In 9 a.m. - 3:00 p.m.</div>	14 National Press Club Trip <i>rescheduled</i>

15**16**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Genealogy
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 2pm Core and More

**Trip to Marine
 Corps Museum**

17

9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Int. English
 1pm Mah Jongg
 2pm Int. Ballroom
 2pm Caregivers
 3pm Beg. Ballroom

18

9am Exercise
 10am Exercise
 10am Int. Pottery
 11am Step 2 Music
 11am Singing Seniors
 11am Meditation
 1pm Crochet
 1pm Weight Training

Potluck Dinner

*Ring of Kerry
 Dancers*

19

9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 10am Pool Tournament
 11am Ritmo Latino
 11am Internet
 11am Stroke Support
 11am Current Events
 12:30pm Bridge
 12:45pm Hispanic Book
 Club

20

9am Exercise
 10am Exercise
 10am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 12:50pm Bingo
 2pm Learn "Go"
 3pm Core and More

**Damascus
 Senior Prom**

*Nurse is In
 9 a.m. - 3:00 p.m.*

21**22****23**

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:45pm Makeover
 12:50pm Bingo
 2pm Embroidery
 2pm Core and More

24

9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Int. English
 1pm Mah Jongg
 2pm Int. Ballroom
 3pm Beg. Ballroom

Dinner & Comedy

25

9am Exercise
 10am Exercise
 10am Int. Pottery
 10:30am Blood Pressure
 11am Step 2 Music
 1pm Crochet
 1pm Weight Training

Birthday Celebration

26

9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 11am Ritmo Latino
 11am Internet
 11am Stroke Support
 11am Current Events
 12:30pm Bridge
 12:45pm Hispanic Book
 Club
 1pm Meditate
 2pm Book Discussion

Trip to Mt. Vernon

27

9am Exercise
 10am Exercise
 10am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 12:50pm Bingo
 1pm Quilting
 2pm Learn "Go"
 3pm Core and More

*Nurse is In
 9 a.m. - 3:00 p.m.*

28**29**

**Trip to Folger's &
 Library of Congress**

30

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:45pm Makeover
 12:50pm Bingo
 2pm Embroidery
 2pm Core and More



OFF SITE CLASSES

**TUESDAY
 WATERCOLOR**

9:30 a.m.
 Youth Center at
 Robertson Park

**TUES/THU
 TAI CHI**

11 a.m.
 Activity Center at
 Bohrer Park

**TUES/THU
 LONGEVITY STICK**

8:30 a.m.
 Activity Center at
 Bohrer Park

**TUES/THU
 ENERGIZE**

9 a.m.
 Activity Center
 at Bohrer Park

ACTIVITIES AND TRIPS

Senior Fun and Flt Fest

Activity Center at Bohrer Park, 506 S. Frederick Ave.

Wed., May 16

9 a.m. – 2 p.m.

Join in the Exercise: Yoga, longevity stick, weight training, stability ball, core and more, aerobics, senior sports, etc.

Enjoy the Dancing:

Step2music, ballroom dance, "Sophisticated Ladies" tap dancers

Visit the Health Information and Screening Tables.

Box lunches are \$5 in advance, \$7 at the door.

Transportation provided from the Senior Center for members.

Easter Hat Parade

Monday, April 9

11 a.m.: Make hats

12:45 p.m.: Hat show

If you don't still have a grand floral hat to model...make one with us earlier at 11a.m.! We will supply some flowers, netting and ribbon. Please bring your own hat to decorate and extra embellishments to share. Prizes will be awarded for elegance, humor, originality, international theme, and color. Please register on the program sheet.

Beauty Make Over

Monday, April 23 and 30

12:45 p.m.

Free

Katherine Kaliveas will show you skin care and makeup application techniques. Please register on the program sheet.

Maximum: (6 per day) 12



FREE PREVIEW

Gaithersburg Arts Barn
311 Kent Sq. Rd.

**"You're a Good Man,
Charlie Brown"**

Thursday, April 26 7:30 p.m.

This musical chronicles the events in a day in the life of Charlie Brown and friends. Go on your own and invite family or friends.

Potluck Dinner

Ring of Kerry Dancers

Wednesday, April 18

6 – 8 p.m.



We always have a splendid spread of food when everyone brings a special dish of their own choice. The Center will provide paper goods and drinks. The Ring of Kerry Irish Dancing Club is dedicated to having fun, teaching Irish dances, and preserving the cultural tradition of the Irish ceili and set dancing. It will be lively entertainment to be sure.

Frederick Keys Game

Date: Thursday, May 10

Depart: 8:30 a.m.

Return: 2 p.m.

Fee: \$10 (transportation and ticket to game)

Deadline: Monday, April 30 (remaining seats will be offered to Damascus seniors)

We'll be joining with Damascus Senior Center to cheer on our local minor league team. You can pay for a food coupon (\$3.50 for a reduced price at the concession stand) by marking the program sheet.

Minimum: 15 Maximum: 33



Middle Eastern Dance Demonstration

featuring Amina Kamal

Monday, April 2 at 1 p.m.

Raqs Sarqi or belly dance, has roots in all ancient cultures from the Orient to the mid-East. Historically this dance has not been intended to entertain men but usually performed for other women during fertility rites or parties preparing a young woman for marriage.

Amina will show us many varieties of folk dances, sword dance, and fusion.

Dinner and Comedy Night

Tuesday, April 24

5:30 – 8 p.m.

Fee: \$15 (for dinner and show)

Deadline: Tuesday, April 17

We'll begin with Chef Sia's pot roast dinner. At 6:30 p.m. aspiring comics, vaudeville acts and joke tellers will ham it up. At 7 p.m. Wheatfield Theatre Company will perform **"The Best of Bob and Ray Radio Show"** which is full of spoofs of popular TV shows, parodies of politicians, fake quiz shows, absurd science fiction, impersonations and more.

Minimum: 30

ACTIVITIES AND TRIPS

Trip to the New National Museum of the Marine Corps and Lunch in Historic Occoquan

Date: Monday, April 16

Depart: 8:30 a.m. **Return:** 4 p.m.

FULL

Spirit Cruise to Mount Vernon

Date: Thursday, April 26

Depart: 7 a.m.

Return: 4:30 p.m.

Fee: \$45 (includes bus

transportation, cruise and

admission to Mt. Vernon.) Meet at the front gate at 3 p.m. to return by bus. **Lots of walking.**

FULL

Shakespeare's Birthday at the Folger Library, Visit the Library of Congress

Washington, DC

Date: Sunday,

April 29

Depart: 11:30 a.m.

Return: 6:30 p.m.

Fee: \$8

(transportation only)

Deadline: Thursday,

April 26

We'll start at the Folger Library and enjoy the jugglers, jesters, music, song, dance, crafts, the Reading Room and "Spontaneous Shakespeare" performances. At 2 p.m. we will regroup and walk across the street to the Library of Congress for a tour at 2:30 p.m. At 3:30 p.m. we'll return to watch Queen Elizabeth I cut the cake for the Bard's birthday. Finally at 4:30 p.m. we'll walk to Pennsylvania Ave. for fast food at either Cusi or Burrito Brothers.

Lots of walking!

Minimum: 20

Maximum: 33



LECTURES

"What it Was Like to be on the Home Front During World War II"

By Eleanor Cunningham

City Hall Council Chambers, 31 S. Summit Ave.

Friday, April 13 at 11 a.m.

\$5

Author and historical essayist Eleanor Cunningham describes growing up in Rockville during WWII. She will talk about deprivations suffered because of the war effort, of friends sent overseas, and about the joy of the war's end. Bus transportation from the Senior Center will be offered for those who sign up.

Minimum: 10

Maximum: 33

"Stretch Your Way to Better Health"

By Dr. Greg Swistak

Friday, April 13 at 2 p.m.

Limber up and prevent injuries! Dr. Greg Swistak, an expert in biomechanics, will educate attendees about muscular-skeletal injuries and how to prevent injuries through mild stretching and simple exercise. Please register on the program sheet.

Minimum: 10

Maximum: 25



"Little Shop of Horrors"

at Toby's Dinner Theatre, Columbia

Date: Wednesday, June 27, 2007

Depart: 9:30 a.m. **Return:** 4 p.m.

Fee: \$42 (includes transportation, show, buffet, coffee or tea, and tip)

Deadline: Friday, May 11 (trip cancelled if minimum not met)

This kooky musical takes place on skid row where a down-and-out floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood.

Minimum: 20

Maximum: 33

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. - 1 p.m., 6 - 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance,

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Also see page 3 for support group. Call 301-258-6380.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

Join Maggie Wesley

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

In Sympathy



Sympathy is extended to the family and friends of Rose Gerns who recently passed away.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Internal Light

Monday, April 9 & 23

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision. For information call 301-881-0100 x 6748.

"Book Club" for Individuals with Aphasia

Monday, April 2

2 p.m.

Fee: \$30

Call 240-475-8786 for info.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

Evento	Día	Hora
Celebración de cumpleaños	26 de abril	12:45 p.m.
Tomarse la Presión	25 de abril	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

INGLES - NIVEL II

Día: martes

Hora: 12:30 p.m.

Costo: gratis

Esta clase ofrece conversación y gramática para los estudiantes que estén en un nivel intermedio.

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

Nos reunimos una vez por semana a leer un capítulo del libro, y después discutimos nuestras opiniones y como poder encontrar las soluciones a los problemas diarios.

Es muy interesante. No se lo pierda!

DEMOSTRACION DE DANZA DEL MEDITERRANEO

Día: lunes 2 de abril

Hora: 1 p.m.

Raqs sarqi o danza de la cintura tiene raíces en toda la cultura desde el Oriente hasta el lado Mediterráneo. Historicamente esta danza no ha sido instruida para entretener a hombres como se cree, pero para preparar a las damas durante el cortejo mientras se preparan para su matrimonio. Amina nos demostrará una variedad de danzas folklóricas, danzas de fusión y de espada.

BAILE DE GALA PARA PERSONAS DE MAYOR EDAD

Escuela Secundaria de Quince Orchard
15800 Quince Orchard Rd.

Gaithersburg, MD

Día: jueves 12 de abril

Hora: 6 a 9 p.m.

Las Escuelas Secundarias de Quince Orchard y Poolesville les invitan cordialmente a asistir al baile de gala. Este evento es gratis, pero por favor regístrese en la hoja del programa. Se proveerá transportación del Centro a la Escuela de Quince Orchard.

MUSICA DE IRLANDA

DESFILE DE SOMBREROS DE PASCUA

Día: lunes 9 de abril

Hora: 11 a.m. se harán sombreros si lo desea

Hora del desfile: 12:45 p.m.

Si no tiene un sombrero para modelarlo, puede hacer uno en el Centro a las 11 a.m. El Centro le obsequiará el listón y flores, pero usted traiga su sombrero para decorario. Tendremos premios para el sombrero más original, elegante, humoroso y colorido. Por favor regístrese en la hoja del programa.

BAILE DE GALA PARA PERSONAS DE MAYOR EDAD

Centro de Comunidad de Damascus
25520 Oak Drive, Damascus

Día: viernes 20 de abril

Hora: 6:30 – 8:30

Costo: \$4(solamente la transportación)
Fecha de vencimiento: martes 17 de abril (Por favor regístrese en la hoja del programa lo mas antes posible)
El Departamento de Recreación del Condado de Montgomery les deleitará con música y danza atractiva. Este evento será gratis. Por favor vístase formal.

COMPARTIR UNA CENA

Día: miércoles 18 de abril

Hora: 6 -8 p.m.

Costo: gratis

Bailarines Anillos de Kerry

Nosotros siempre tenemos una espléndida variedad de comida cuando compartimos lo que traen. El Centro proveerá las bebidas, platos y vasos. Este grupo de bailarines nos enseñarán como bailar al estilo Irlandés. Venga y disfrute de este evento.

FESTIVAL PARA LOS SENIORS QUE QUIEREN DIVERTIRSE Y OBTENER UNA BUENA FIGURA.

Lugar: Centro de Actividad/Parque Bohrer

Día: miércoles 16 de mayo

Hora: 9 a.m. – 2 p.m.

Costo: Gratis

Venga a este festival y participe haciendo ejercicios aeróbicos, yoga, entrenamiento de pesas, bola de estabilidad, y otros deportes.

Danzas: Baile de salón, damas sofisticadas bailando al golpecito.

También podrá visitar las mesas de información sobre salud.

Almuerzo disponible a \$5 si lo ordena en el Centro antes del festival. Si lo paga en la puerta de entrada, le costará \$7. Se proveerá transportación desde el Centro.

TECNICAS SOBRE BELLEZA

Días: lunes 23 y 30 de abril

Hora: 12:45 p.m.

Costo: gratis

La señora Kathy Kaliveas tendrá una demostración sobre técnicas para cuidar y aplicación correcta del make-up para que siempre luzca bien. Si está interesada, por favor regístrese en la hoja del programa.

“CONSEJERIA”

Maggie Wesley está en el Centro de lunes a viernes de 9a.m. – 2p.m. ofreciendo servicios de consejería individual y de parejas. También puede ayudarles a llenar formularios sobre viviendas, Seguro Social, Medicare y Medicaid. No necesita hacer cita previa. Para más información puede llamar al 301-258-6380.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

APRIL 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins April 5, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
21950	Intermediate Pottery (no class May 16)	April 11 – June 6	\$8
22156	Stretch Your Way to Better Health	April 13	N/A
22140	AARP 55 Alive Mature Driving	May 4 & 11	\$10
22096	Book Club	April 2	\$30
22147	Beginning Ballroom Dance	April 24 – May 22	\$25
22148	Intermediate Ballroom Dance	April 24 – May 22	\$25
22144	Genealogy	May 14	\$8
22141	Learn to Play the Ancient Game of Go	April 6 – 27	N/A
22142	Learn to Play Mah Jongg	April 6 – 27	N/A
21947	Yoga Adapted for Seniors	April 3 – June 19	\$30
21948	Weight Training (no class May 16)	April 4 – June 27	\$12
21949	Stability Ball	April 5 – June 21	\$12
21943	Easter Hat Parade <input type="checkbox"/> Check here for hat decorating	April 9	N/A
22143	Beauty Make Over <input type="checkbox"/> April 23 <input type="checkbox"/> April 30		N/A
22100	Dinner and Comedy Night	April 24	\$15
21911	2007 Senior Citizen Prom at Quince Orchard	April 12	N/A
	<input type="checkbox"/> Check here for Transportation		
22094	Senior Prom at the Damascus Community Center	April 20	\$4
	<input type="checkbox"/> Check here for Transportation		
22097	Shakespeare's Birthday at Folger Library	April 29	\$8
22095	"Inherit the Wind"	May 6	\$40
22099	Frederick Keys Baseball Game	May 10	\$10
	\$3.50 Food coupon		
22102	Senior Fun and Fit Fest	May 16	N/A
	<input type="checkbox"/> Turkey <input type="checkbox"/> Roast Beef <input type="checkbox"/> Ham		\$5
	<input type="checkbox"/> Chicken Salad <input type="checkbox"/> Tuna Salad <input type="checkbox"/> Cheese (vegetarian)		
22098	"Little Shop of Horrors" at Toby's	June 27	\$42

**** If you would like to join a class that has already started ask at the front desk for a pro-rated fee.***

Registrations will not be processed until the 5th of the month!

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____